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Monday, January 7, 2019 metro.us | t: MetroPhilly | f: MetroPhilly

LOVE IS IN THE AIR

Get ready for the new season of "The Bachelor." 18-19

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Foles delivers — with the help of a missed Bears field goal in the final seconds — as the Eagles escape Chicago with a one-point victory on wild-card weekend. 23

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5 THINGS TO KNOW

WELCOME TO METRO PHILLY

JOVAN ALFORD, SPORTS EDITOR

The defending Super Bowl champs are not done yet this season. Thanks to a game-winning touchdown drive by quarterback Nick Foles and a missed field goal by Bears kicker Cody Parkey, the Eagles defeated the Chicago Bears, 16-15, on Sunday at Soldier Field. It was a tough, hard-nosed battle that saw both teams make plays when they needed to — until Parkey's kick that bounced off both the upright and crossbar. Foles had two interceptions in the first half but shook those in the second half, throwing two touchdowns.

COLE BOMBING PLANNER KILLED IN YEMEN STRIKE

1 Jamal al-Badawi, wanted by the United States for his suspected role in the attack on the USS Cole 18 years ago, was killed in a precision strike in Yemen on Jan. 1, U.S. Central Command said on Sunday. Badawi was indicted by a federal grand jury in 2003 over his role in the October 2000 deadly bombing of the USS Cole, a Navy guided-missile destroyer. He escaped from prison in Yemen twice, once in 2003 and again in 2006. "U.S. forces confirmed the results of the strike following a deliberate assessment process," said Central Command spokesman Captain Bill Urban, two days after the Defense Department said U.S. forces had targeted Badawi in the strike. It is the latest blow to Yemen's al Qaeda branch, known as Al Qaeda in the Arabian Peninsula (AQAP), which has lost key leaders in U.S strikes in recent years. In 2018, U.S. officials said they believed that Ibrahim Hassan al-Asiri, once one of the world's most feared bombmakers, had been killed. Still, Katherine Zimmerman at the American Enterprise Institute conservative think tank cautioned that AQAP had proven it will remain a threat.

SOCCER'S ROONEY BUSTED FOR PUBLIC INTOXICATION

2 English football star Wayne Rooney was arrested in December at Dulles Airport outside Washington, D.C., for public intoxication, according to local police. Rooney, who has played for U.S. soccer team D.C. United since last year, was booked into the Loudoun County Adult Detention Center on Dec. 16 on a charge of public intoxication stemming from an arrest by the Metropolitan Washington Airports Authority Police, the local sheriff's office said. The English footballer was arrested at an international arrivals gate at Dulles after he triggered a door alarm but did not breach airport security, a Metropolitan Washington Airports Authority spokesman said in a statement. He received a $25 fine, according to court documents. Rooney, 33, was released later the same day on a personal recognizance bond, said Kraig Troxell, a spokesman for the Loudoun County Sheriff's Office. It was not immediately clear why authorities had delayed releasing details of Rooney's arrest for more than two weeks. Rooney's agent could not be reached immediately for comment.

76TH ANNUAL GOLDEN GLOBE AWARDS

3 Terry Crews makes a grand entrance at Sunday's 76th Annual Golden Globe Awards at The Beverly Hilton Hotel in Beverly Hills, California.

GETTY IMAGES

POLAND TO CLOSE 'UNSAFE' 'ESCAPE ROOMS': PM

4 Poland will close "escape rooms" that do not meet safety standards, Prime Minister Mateusz Morawiecki said on Sunday after a fire killed five teenage girls. The girls were celebrating a birthday at an escape room in the northern town of Koszalin when the fire broke out. The venue's owner was arrested on Sunday, Polish media reported. Authorities carried out inspections of at least 178 escape room locations across Poland at the weekend and found 129 did not meet health and safety standards, said the head of state fire services Leszek Suski. Thirteen locations were ordered closed. In escape rooms, participants are locked in and race against the clock to solve puzzles and challenges to open a way out. "This was unprecedented ... any sort of prevention is important," Morawiecki told reporters. Interior Minister Joachim Brudzinski urged parents to report potential safety violations at escape rooms or other children's entertainment centers. "Sanctions need to be harsh," Brudzinski said.

WIKILEAKS: 140 THINGS NOT TO SAY ABOUT ASSANGE

5 WikiLeaks on Sunday advised journalists not to report 140 different "false and defamatory" statements about its founder Julian Assange, who has been holed up in the Ecuadorean embassy in London since June 2012. It was not immediately clear what prompted the advice to media organizations, but WikiLeaks singled out Britain's Guardian newspaper for publishing what it said was a false report about Assange. The Guardian did not immediately respond late on Sunday to a Reuters request for comment. The Australian set up WikiLeaks as a channel for publishing confidential information from anonymous sources. He is a hero to some for exposing what supporters cast as government abuse of power and for championing free speech, but to others he is a rebel who has undermined the security of the United States. WikiLeaks angered Washington by publishing hundreds of thousands of secret U.S. diplomatic cables that laid bare often highly critical U.S. appraisals of world leaders from Russian President Vladimir Putin to members of the Saudi royal family.

Getting ahead of fall sports injuries

Rothman Orthopaedics at Jefferson Health

ASK ROTHMAN ORTHOPAEDICS AT JEFFERSON HEALTH:

Fall sports are in full swing, and Philadelphia athletes are out in force. Not surprisingly, it's also prime season for sports-related injuries. Metro caught up with Christopher C. Dodson, M.D., Sports Medicine Surgeon at Rothman Orthopaedics and Associate Professor of Orthopaedic Surgery at Jefferson. He's also Head Team Physician for the Philadelphia 76ers and Head Orthopaedic Surgeon for the Philadelphia Eagles. Here's what he has to say about getting ahead of common sports injuries.

What are the most common types of injuries to look out for?

ACL tears, meniscal tears and labral tears are some of the most common injuries affecting what I call "weekend warriors." Reconstruction of the shoulder, elbow and knee is my particular specialty.

What can people do to prevent sports-related injuries?

Many injuries within the weekend warrior population come from two areas. The first is suddenly resuming aggressive physical activity that you haven't done in a long time—so you haven't run in three years, and then you go out and run five miles like you used to, right away. The other area is people who regularly exercise, but they don't vary their exercise. So they only do strength training, or they only do aerobic. They don't necessarily add a mobility or stretching day, so their muscles get used to doing one activity without exposure to anything else, which can potentially lead to injury.

If you think you've been hurt, what are some signs that it's time to see a doctor?

If you ever feel a pop, that's a warning sign. So you're doing an activity and you feel something pop in your body, whether it be your knee, shoulder, bicep or even hamstring. If that's followed by swelling, limping or disability of the joint, then those are red flags. That would prompt a need for medical attention.

Surgery is a last-resort option, right?

Absolutely. Sometimes it's as simple as getting an X-ray, physical exam, and doing physical therapy. In some cases, based on the physical exam and the patient's history, we'll do an immediate MRI to evaluate an acute injury since some do require immediate surgery.

The types of injuries I see that warrant surgery are generally ACL tears to stabilize the knee. Another thing I see quite commonly is bicep or tricep ruptures; where people lift something and feel a pop in their elbow, which requires immediate surgery. Meniscal tears sometimes require surgery, but not always so it depends on the type of tear. The same goes for rotator cuff tears and labral tears. The patient's age, medical history and activity level all come into play, as well.

What makes Rothman Orthopaedics at Jefferson Health experts in sports-related injuries?

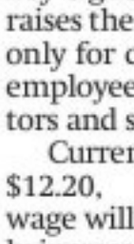
Number one: we get people in quickly so we can get them evaluated as soon as possible. We also have a lot of doctors with a tremendous amount of experience taking care of these injuries. We understand that people want to continue living active lives for much longer than they used to. They want to do things that make them feel healthy and good, and that means being active over the long run. Our job is to promptly diagnose and treat these injuries so that we can get people back to living their lives. In fact, we pride ourselves on it.

Rothman Orthopaedics at Jefferson Health is proud to be the official orthopedic partners of the Phillies, Eagles, Flyers and Sixers. Learn more and schedule an appointment at RothmanOrthoAtJeff.com.

ISTOCK

Did Philly hike workers' minimum wage? Not just yet

Hourly workers will need to wait until July for a minimum wage increase.



SAM NEWHOUSE
sam.newhouse@metro.us

At the beginning of 2019, a total of 19 states hiked their minimum wage, with numerous cities around the nation implementing their own local hikes. In Philadelphia, a wage increase is on the way as well, but it is not quite as significant or far-reaching.

Philadelphia is increasing the minimum wage for city employees starting in July, and will raise it over the next four years to reach $15 an hour in 2022.

While other cities and states also have implemented laddered, gradual increases of the minimum wage, they apply to all workers. In Philadelphia, the 21st Century Minimum Wage legislation that Mayor Jim Kenney signed in September raises the minimum wage only for city workers and employees of city contractors and subcontractors.

Currently pegged at $12.20, the minimum wage will be incrementally increased over the next four years to $15 an hour.

As of July 1, 2019, workers employed by the city, as well as contractors or subcontractors paid by the city, can expect a minimum wage of $13.25 an hour.

Every year after that, it will go up in increments: to $13.75 on July 1, 2020; $14.25 one year later, in 2021; and finally hitting $15 an hour as of July 1, 2022. Further minimum wage increases "based on annual consumer price index adjustments" will take place going forward after 2022, according to Kenney's office.

"With household incomes dropping, I've seen firsthand the struggles of many Philadelphians — in my district and across the city," City Councilman Mark Squilla, who introduced the 21st Century Minimum Wage Legislation, said after the bill was signed. "I'm proud to have sponsored a measure that will boost the opportunities and dreams of many of those caught in such a struggle. Now that this bill has been signed into law, everyone who works for the city or one of its contractors is guaranteed what they deserve — a living wage."

Advocates praising the change said they hope this initial move by the city will encourage private businesses and the state to also move toward wage hikes.

"We are proud to see Philadelphia city government lead by example in creating a living wage that moves people out of poverty for its constituents," said Rev. Greg Holston, executive director of POWER (Philadelphians Organized to Witness, Empower and Rebuild), in a statement praising the bill. "Now we call on companies and the state to follow the city's lead and raise the wages of their workers and for all Pennsylvanians."

In contrast, New York state years ago passed minimum wage laws that hiked wages for all workers, based on location and size of company. As of Jan. 1, 2019, all New York City employees of companies with 11 or more workers now are paid a minimum wage of $15 an hour. The $15-an-hour minimum wage will gradually reach all parts of the state and company sizes by 2021.

In Pennsylvania, the state-set minimum wage remains at $7.25 an hour.

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Driver in fatal Mummers crash escaped Delaware police pursuit

Delaware resident Keith Campbell is charged with three counts of vehicular homicide following reckless driving across state lines.

SAM NEWHOUSE
sam.newhouse@metro.us

A Delaware man had just escaped a police chase in his home state when he allegedly hit an SUV on Jan. 2, killing, from left, Joe Ferry, Kelly Wiseley and Dennis Palandro, and severely injuring Nicole Palandro, right. PROVIDED

A new twist was made public in the gruesome case of a head-on collision in South Philly on the night after New Year's Day, including two Mummers and a newly engaged couple.

Keith Campbell, 29, of Bear, Delaware, had 15 to 20 stab wounds when his white Audi A4, traveling at a high rate of speed, crossed the central median on the 600 block of Packer Avenue and slammed into a Mazda SUV carrying four people — three of whom died, while the fourth is in critical condition. The crash occurred around 1:45 a.m. on Jan. 2.

It was revealed that Campbell was being chased by Delaware state and local police just a half-hour before the crash — but managed to escape, the Newport Police Department confirmed.

Campbell's stab wounds are believed to have been self-inflicted. The 10-inch knife used in the stabbing and a note were both found in his car, although police have not disclosed any further details about the contents of the note. Campbell has been charged with three counts of vehicular homicide.

The dead include two Mummers from the South Philly String Band — Joseph Ferry, 36, who was driving the SUV, and Dennis Palandro, 31, the son of Denny Palandro, the string band's captain. The group came in second place at the 2019 Mummer's Parade, held the day before, on Jan. 1.

Also killed was Kelly Wiseley, 35, who had just become engaged to Ferry over Christmas, friends say. Palandro's wife, 30, was the lone survivor of the SUV, and was placed in critical condition at Jefferson University Hospital with a broken pelvis and other serious injuries.

About a half-hour before the crash, Campbell's vehicle had evaded Delaware State Police chasing him on I-95.

At about 1:12 a.m. on Jan. 2, Campbell's white Audi was spotted "driving erratically" westbound on Delaware state Route 4, and a Newport police officer began to pursue him, the Newport Police Department said in a press release.

When the vehicle didn't stop, Delaware State Police joined the pursuit. But they couldn't catch the car, suspected to have been driven by Campbell at that point.

"About five minutes into the pursuit, on Interstate 95 northbound in the area of Christiana Mall, the fleeing vehicle's driving became too reckless to continue and endangered the safety of other vehicles," Newport Police said. "Thus, the Newport and Delaware State Police Troop 6 discontinued the pursuit as the vehicle continued north on Interstate 95. Later that morning, the Newport Police Department was notified that a fatal collision [had] occurred in Philadelphia, Pennsylvania, and the vehicle we were pursuing was involved."

Newport Police said they are working with Philly police on the case.

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LANCASTER COUNTY DA/PSPCA

Ex-veterinarian pleads guilty to felony animal cruelty charges

Denise Felling was sentenced for illegally "debarking" dogs.

SAM NEWHOUSE
sam.newhouse@metro.us

An unlicensed former veterinarian busted for illegally "debarking" Lancaster dogs without anesthesia recently admitted her guilt and was sentenced to time served.

Denise Felling, 55, pleaded guilty to eight felony charges of animal cruelty involving torture and serious bodily injury, the PSPCA announced.

Felling had been jailed for nearly two months after being arrested in Iowa and then extradited to Lancaster County to face the animal cruelty charges.

Under the terms of her guilty plea, entered on Dec. 20, Felling was sentenced by Lancaster County Judge Dennis Reinaker to time served to 23 months and released on probation. She was ordered to pay approximately $1,228 in court fees according to the PSPCA.

"We are grateful to the district attorney's office for taking this case so seriously and going to the extent of extraditing Felling to Pennsylvania to face her crimes," said PSPCA spokeswoman Gillian Kocher. "We hope this will serve as a deterrent to both Felling and other individuals who may consider committing such heinous acts. This case only further highlights the Pennsylvania SPCA's dedication to Lancaster County."

The PSPCA Humane Law Enforcement team obtained the warrant for Felling's arrest after discovering she was responsible for the illegal debarking of four dogs residing in Quarryville and Kinzers — specifically a husky, a Doberman, a beagle mix and a Spaniel mix — in January and May of 2018.

Felling pleaded guilty to having permanently destroyed the dogs' vocal cords by shoving a rod down the animals' throats and into their vocal chambers. Debarking is illegal unless deemed medically necessary by a licensed vet, and performed under anesthesia at an animal hospital. (The dog's former owner, an unlicensed breeder, is also facing misdemeanor animal cruelty charges.)

"We are grateful to the district attorney's office for taking this case so seriously and going to the extent of extraditing Felling to Pennsylvania to face her crimes."

Gillian Kocher, PSPCA spokeswoman

Under Pennsylvania's Libre's Law, which took effect in 2017, Felling was hit with eight animal cruelty felony charges: two charges per dog, one each for "torture" and one for "serious bodily injury." Prosecutors credited the new law, which stiffened penalties for animal cruelty, with allowing them to pursue more serious charges in the case.

"The flexibility to file these felony charges was made possible by the hard work of so many in reaching reform to Pennsylvania's animal cruelty laws," Lancaster County DA Craig Stedman said in a statement after Felling was extradited to Lancaster on Nov. 30. "My office, and the police agencies in our county, remain committed to holding accountable the abusers of animals."

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2020 Presidential contenders begin to step forward

The latest potential challengers to President Trump.

MICHAEL MARTIN
letters@metro.us

Sen. Elizabeth Warren (D) (left), President Donald Trump (R) (right). GETTY IMAGES

The winners of the midterm congressional elections have barely warmed their seats, but potential 2020 presidential candidates are wasting no time in declaring their intentions to join what political analysts have called a "free-for-all" and "candidate tsunami."

One prominent Democrat, Sen. Elizabeth Warren of Massachusetts, announced her plans to form an exploratory committee for a presidential run last week, joining several others. A number of other prominent names are expected to announce within the next two weeks. Overall, more than a dozen candidates — perhaps as many as 30 — are expected to seek traction in the early stages of the race. Here's where things stand.

NPR reports that in addition to Warren, three other Democrats have at least formed exploratory committees for a presidential run: ex-Rep. John Delaney of Maryland, who announced he was running in 2017; entrepreneur Andrew Yang; and Richard Ojeda, who lost his midterm race for a West Virginia congressional seat.

Expected to announce soon

Former San Antonio Mayor Julián Castro, who has attracted presidential speculation ever since a star-making speech at the Democratic National Convention in 2008, will formally announce his run on Jan. 12, multiple sources reported last week. He formed an exploratory committee on Dec. 12.

Last month, former Vice President Joe Biden called himself the "most qualified person in the country to be president" during a speech in Montana. It was the clearest statement yet that he is considering a run. Shortly after the remarks, Antjuan Seawright, a Democratic strategist who worked for Hillary Clinton's 2016 campaign, called Biden's strategy "ramp up to ramp down." Said Seawright: "Biden is ramping up to try to clear the field, so if he gets in he won't have a tough run."

Flirting heavily

On MSNBC Friday, former Virginia Gov. Terry McAuliffe said his chances of running were "50-50," then delivered the equivalent of a stump speech about his successes at the state helm, including health care and wage growth.

In early December, former NYC Mayor Michael Bloomberg made some conspicuous preliminary moves, meeting with prominent Democratic leaders in Iowa — site of the first Democratic caucus vote in January 2020 — and telling Radio Iowa that he was ready to sell his company, Bloomberg LP, or place it in a blind trust ahead of a return to politics.

Over the last year, billionaire and progressive megadonor Tom Steyer has funded Need to Impeach, an ad campaign advocating the removal of President Trump, while contemplating his own presidential run. On Saturday, he launched a $435,000 ad buy targeting cities in Iowa, along with millions more in the early Democratic caucus states of New Hampshire, Nevada and South Carolina. He will visit Des Moines and Ankeney, Iowa, on Wednesday.

Polling leaders

A surprise MoveOn poll last month found that Beto O'Rourke — who narrowly lost his Senate race to Ted Cruz in ruby-red Texas, while raising record amounts of cash and gaining national celebrity — was the candidate Democrats were most excited about.

Since then, other early polls have coalesced around three contenders: Biden, 2016 candidate Bernie Sanders, and O'Rourke, in that order. In mid-December, a straw poll of likely Iowa Democratic caucusgoers placed Biden first at 32 percent, Sanders second at 19 percent and O'Rourke third at 11 percent.

Following was Warren, with 9 percent; California Sen. Kamala Harris (5 percent) and New Jersey Sen. Cory Booker (4 percent). Bloomberg was at 3 percent.

Sanders has run into some early headwinds: Recent news cycles have included reports about sexism in his 2016 campaign and "Bernie bros" attacking O'Rourke on social media; some Democrats blame Sanders supporters' ire for hobbling Hillary Clinton in her race against Trump.

Early endorsements

Twenty-two months before the election, some veteran lawmakers have already issued the equivalent of endorsements. Last week, Sen. Dianne Feinstein (D-CA) came out in support of Biden, and 2016 presidential candidate (and former Maryland Gov.) Martin O'Malley said he would not run in 2020 and threw his weight behind O'Rourke.

Not running

In addition to O'Malley, other prominent Democrats who have quashed once-discussed presidential bids include Stormy Daniels' attorney Michael Avenatti and former Massachusetts Gov. Deval Patrick, both of whom announced last month that they would not run.

Also in the mix

Axios reported Friday that Hillary Clinton has been meeting with some potential candidates, including Warren, Booker, Colorado Gov. John Hickenlooper and Los Angeles Mayor Eric Garcetti.

Other names that have been mentioned include Sens. Amy Klobuchar of Minnesota, Kirsten Gillibrand of New York and Sherrod Brown of Ohio.

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Trump holds firm on border wall, offers steel option as compromise

GETTY IMAGES

President Donald Trump on Sunday pledged not to bend in his demand for a wall along the southern border with Mexico but said the barrier could be made of steel instead of concrete as a potential compromise with Democrats who refuse to fund the project.

Trump's comments came at the start of the third week of a partial government shutdown that has left hundreds of thousands of federal workers idled or without paychecks.

Trump, a former New York businessman, said he could relate to the workers who would have trouble paying bills because of the shutdown and threatened, again, to declare a national emergency as an alternative way to build the wall, depending on the outcome of talks in the coming days.

Democrats, led by new Speaker of the House of Representatives Nancy Pelosi, consider the wall to be immoral and have declined to approve the $5.6 billion Trump wants to make good on the signature promise of his 2016 presidential campaign. Democrats, who took control of the House last week, passed a bill to reopen the government without wall funding.

The debate was a "very important battle to win from the standpoint of safety, No. 1, (and) defining our country and who we are," Trump told reporters at the White House before leaving for a short trip to the Camp David presidential retreat.

"The barrier, or the wall, can be of steel instead of concrete, if that helps people. It may be better," he said.

Vice President Mike Pence led a second round of talks with congressional aides on Sunday about the issue, but Trump had said he did not expect those talks to produce results.

The White House warned again that the shutdown could last for some time while suggesting that the offer of a steel barrier was an olive branch to Democrats.

Mick Mulvaney, Trump's acting chief of staff, told NBC's "Meet the Press" program that agreeing to a steel separation would allow Democrats to stick to their refusal to fund a wall.

"That should help us move in the right direction," said Mulvaney, who is also the head of the Office of Management and Budget.

Democrats would likely demand other concessions, like protections for immigrants brought to the United States as children, otherwise known as Dreamers, or changes to other spending provisions.

House Majority Leader Steny Hoyer did not show his hand when asked whether the White House offer to take a concrete wall off the table was evidence of compromise.

"It'll be discussed," he said on NBC.

Mulvaney, who took part in talks with Pence and congressional aides on Saturday, said technical requests bogged them down.

"I think this is going to drag on a lot longer. I think that's by intention," he said.

800K

About 800,000 government workers are either furloughed or working without pay.

Large chunks of the federal government were shut down on Dec. 22 after lawmakers and the president hit an impasse over Trump's demands to build a wall. About 800,000 government workers are either furloughed or working without pay.

Trump is demanding that any funding to keep the federal government operational also include money to help build a $23 billion wall along the U.S. border with Mexico.

Trump said on Sunday that he should not have to lower his demand for $5.6 billion, though he said he understood the impact the impasse was having on affected federal workers struggling to pay their bills. REUTERS

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Local casinos go all in with poker

Poker still reigns supreme at AC and Philly casinos.

A.D. AMOROSI
letters@metro.us

We can talk about the newness of sports betting and online gaming until the dice grow cold, but for some, the hand-to-hand combat and high stakes of poker, in all its names and glories — Stud, Hold'em, Omaha, Razz — reign supreme. Often obsessively so, when you consider the multimillion-dollar banks available to tournament poker combatants.

"So many of us hate to leave the table to do anything, including eating, drinking or even going to bathroom," said Thomas Bates, bicoastal poker player-turned-casino director.

Casinos across New Jersey and Pennsylvania offer poker tourneys, with several hosting their own rooms. And, like NJ has already, the PA Gaming Control Board is currently reviewing interactive applications for online poker connected to specific casinos. But come January, Atlantic City's Borgata will rule the poker roost with the Borgata Winter Poker Open 2019 (Jan. 15-Feb. 1), featuring the $2 Million Guaranteed Deepstack Kick-Off, a $1 Million Guaranteed Almighty Stack and the Televised WPT $3 Million Guaranteed Borgata Championship (Jan. 27 to Jan. 31).

Then there is SugarHouse Philly's Poker Night in America Room hosting a $100,000 Guaranteed Little Rush, a multi-day No Limit Texas Hold'em poker tournament from Jan. 13-19 featuring 20,000 starting stacks for $150 with two flights each day at noon and 7 p.m. Also happening in Philadelphia's first and only poker room is its "Thursday Thunder" high hands, with high hands hitting $500 every 30 minutes from noon to midnight.

"Poker has been an important part of Borgata's brand since we debuted in 2003," said Mike Woodside, VP of marketing for Borgata. "As our product and players have grown and evolved, so have we; opening an 80-plus table Poker Room — the largest in Atlantic City — in 2006, and offering multimillion-dollar tournaments throughout each year. Our poker team is constantly communicating with our players and developing new and innovative gaming options to keep our product fresh and unique."

That last element, communicating with players to see what they need, is what's kept Bates — SugarHouse's director of poker — up at night. Bates laughs when he talks, proudly, about the convenience he's created for SugarHouse's poker players. "Not only do we offer free alcoholic beverages to those playing at our tables, the players can text food orders to any restaurant at the casino — from Taconelli's pizza to Hugo's steakhouse — so [as] to eat at the table while playing."

Bates has a pretty good idea of what is necessary for a great casino poker game, up to and including the Borgata, as he came from that AC casino (with a stop in-

COURTESY SUGARHOUSE CASINO

between) before getting the call to take over SugarHouse's poker room. In all honesty, Bates is made of casino stuff, as he started at Harrah's AC in 1984 with table games, and moved to poker when Resorts came on the scene in 1991. This was a time pre-Chris Moneymaker, whose $2.5 million victory during 2003's World Series of Poker changed the game and stakes forever when it came to casino poker. With supervisory experience at table games for casinos, poker was a breeze for Bates. "They're both highly customer-based, which I can handle as that comes from my mom raising me right: 'Treat people how you want to be treated,'" he said. "They want a great and fun experience at a cost. I can show you the tax returns."

Bates eventually headed to the San Diego casino scene, where "all I had to do was deal and surf, my two passions," stated Bates. By 2001, Bates was a dealer at AC's Taj Mahal when Borgata called and made Bates part of its opening team, managing its WPT tournaments and calling the final tables for television. "That was exciting. No one had ever done these tournaments before on the East Coast. I was famously familiar with it. That was a big deal." Bates stayed at Borgata until 2013, when he hit the sands at Florida's Hard Rock, where he designed Tampa poker rooms and turned that into the No. 1 poker hall in Florida. Then Rush Street Gaming's SugarHouse made him an offer he couldn't refuse. "I design poker rooms as a player," he said.

Bates describes Philadelphia poker players as a tad more conservative in their approach and their betting — versus the West Coast or Midwest — but equally daring. "Philly players are more mindful of their money, but the West Coast was the Wild West when I was out there. Pennsylvania and New Jersey are more reserved and do things by the books without varying, which is good. The best idea for a poker room and player is to build a great foundation and to play by the rules."

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SPECIAL ADVERTISEMENT FEATURE

Doctor urges seniors to carry medical alert device

Seniors snap up new medical alert device that comes with no monthly bills

(NATIONWIDE) – People don't always do what their doctor says, but when renowned emergency room physician, Dr. Philip B. Howren says every senior should have a medical alert device, you better listen up.

"Seniors are just one fall away from being put in a nursing home," Dr. Howren said. With a medical alert device, seniors are never alone. So it keeps them living independently in their own home. That's why seniors and their family members are snapping up a sleek new medical alert device that comes with no monthly bills ever," he said.

Many seniors refuse to wear old style help buttons because they make them look old. But even worse, those medical alert systems come with monthly bills.

To solve these problems Universal Physicians, a U.S. company went to work to develop a new, modern, state-of-the-art medical alert device. It's called "FastHelp™" and it instantly connects you to free unlimited help anytime, anywhere nationwide with no contracts, no deposits and no monthly bills ever.

"This slick new little device is designed to look like the pagers doctors wear every day. Seniors love them, because it actually makes them look important, not old," Dr. Howren said.

FastHelp is expected to hit store shelves the summer of 2019. But special newspaper promotional giveaways are slated for seniors in select areas. ■

■ **NO MONTHLY BILLS:** "My wife had an old style help button that came with hefty bills every month and she was embarrassed to wear it because it made her look old," said Frank McDonald, Canton, Ohio. Now, we both have FastHelp™, the sleek new medical alert device that our grandkids say makes us look 'cool' not old," he said. With FastHelp, seniors never have to worry about being alone and the best part is there are no monthly bills ever.

Seniors born before 1956 get new medical alert device with no monthly bills ever

It's just what seniors have been waiting for; a sleek new medical alert device with no contracts, no deposits and no monthly bills that instantly connects you to free unlimited help anytime, anywhere nationwide with just a one-time $149 price tag that's a real steal after today's one hundred-fifty dollar instant rebate

(NATIONWIDE) – The phone lines are ringing off the hook.

That's because for seniors born before 1956, it's a deal too good to pass up.

Starting at precisely 8:30am this morning the Pre-Store Release begins for the World's first-ever medical alert device that comes with the exclusive FastHelp™ One-Touch E 911 Button that instantly connects you to free unlimited help anytime, anywhere nationwide.

"It's not like old style monitored help buttons that make you talk to a call center and only work when you're at home and come with hefty bills every month. FastHelp comes with state-of-the-art cellular embedded technology. That means it works at home or anywhere, whether you're out watering the garden, driving in a car, at church or even hundreds of

(Continued on next page)

■ **FLYING OUT THE DOOR:** Trucks are being loaded with thousands of new medical alert devices called FastHelp. They are now being delivered to lucky seniors who call the National Rebate Center Hotline at 1-866-211-7349 EXT. HELP366 today. Everyone is calling to get FastHelp, the sleek new medical alert device because it instantly connects you to free unlimited help anytime, anywhere nationwide with no contracts, no deposits and no monthly bills ever.

(Continued from previous page)

miles away on a tour or at a casino. You are never alone. With just a single push of the One-Touch E Button you're instantly connected to free unlimited help anytime, anywhere with no monthly bills ever," said Jack Lawrence, Executive Director of Product Development for U.S. based Universal Physicians.

"We've never seen anything like it. Consumers absolutely love the sleek new modern design and most of all, the instant rebate that practically pays for it and no monthly bills ever," Lawrence said.

FastHelp is the sleek new medical alert device with the rarest of combinations: a quality, high-tech engineered device that's also an extremely great value because there are no monthly bills ever.

Better still, it comes with no contracts, no deposits and no monthly bills ever – which makes FastHelp a great choice for seniors, students and professionals because it connects to the vast available nationwide network of cellular towers for free.

And here's the best part. All those who already have an old style monitored medical alert button can immediately eliminate those monthly bills, which is why Universal Physicians is widely advertising this announcement nationwide.

"So if you've ever felt a medical alert device was too complicated or expensive, you'll want to get FastHelp, the sleek new medical alert device with no monthly bills," said Lawrence.

The medical alert device slugfest was dominated by two main combatants: Life Alert® and Philips Lifeline® who both offer old style monitored help buttons that require professional installation of a home telephone land line, expensive base station equipment and a hefty bill every month. But now Universal Physicians, the U.S. based heavyweight, just delivered a knockout blow sending the top rated contenders to the mat with the unveiling of FastHelp. It's the sleek new cellular embedded medical alert device that cuts out the middleman. There's absolutely nothing to hook-up or install. You don't need a land line and you don't need a cell phone. Everything is done for you.

"FastHelp is the World's first-ever medical alert device that makes you look important, not old. Old style monitored help buttons you wear around your neck are the equivalent of a horse and buggy," Lawrence says. "It's just outdated."

Nearly 1.8 million seniors fall every year and spend more than 12 hours lying on the floor helpless and all alone with no help.

But seniors who fall and get immediate help are nine times more likely to avoid getting sent to a nursing home and get to STAY living in their own home independently.

Yet millions of seniors are still risking their safety by not having a medical alert device. That's because seniors just can't afford to pay the monthly bills that come with old style medical alert devices.

That's why seniors born before 1956 are rushing to cash in the whopping $150 instant rebate before the 2 day deadline ends.

So there's no need to wait for FastHelp to hit store shelves early next year because seniors born before 1956 can get it now just by using the $150 instant rebate coupon printed in today's newspaper before the 2-day deadline ends. If lines are busy keep trying, all calls will be answered. ■

HOW TO GET IT:

▶ **IF BORN BEFORE 1956:** Use the rebate coupon below and call this Toll-Free Hotline: 1-866-211-7349 EXT. HELP366

▶ **IF BORN AFTER 1956:** You cannot use the rebate coupon below and must pay $299 Call: 1-866-330-6586 EXT. HELP366

THE BOTTOM LINE: You don't need to shop around. We've done all the leg work, this deal is too good to pass up. FastHelp with the $150 instant rebate is a real steal at just $149 and shipping and there are no monthly bills ever.

PROS: It's the World's first ever medical alert device that comes with the exclusive FastHelp One-Touch E 911 Button that instantly connects you to free unlimited help anytime, anywhere nationwide. It saves seniors a ton of money because there are no monthly bills ever making this deal irresistible. Plus it's the only medical alert device that makes seniors look important, not old.

CONS: Consumers can't get FastHelp in stores until early next year. That's why it's so important for seniors born before 1956 to call the National Rebate Center Hotline within the next 2 days. For those who miss that deadline, the sleek little medical alert device will set you back over three hundred bucks.

P7148A OF21054R-1

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Pat King
Grumble Editor

READER WRITE-INS:

GREAT NEW YORK DAY ... BUT WHERE ARE THE BENCHES?

I LOVE your Metro and here's my share if you wish to publish it anywhere... I'm from Valley Forge, PA, and took the train to NYC to see "Frozen" yesterday, which was beyond excellent. When I returned to Penn Station and the NJ Transit line, I was SHOCKED to see people sitting on the steps blocking traffic and I had a hard time maneuvering down them! I'm 71 and need a railing!!! ... Then, I understood why —they were waiting for the track number to be announced, and, until then, no one could go anywhere. The further I entered the lobby, the more people I saw sitting on floors, leaning against poles or on trash receptacles, and, I'm sure wondering, "Where's the common sense here?" How could "top officials" NOT know about this eyesore? How could his NOT be a massive jam ALL the time? Ugh. . How does THIS look to visitors? Like America has lost it and has forgotten about genuine serving!!! It did to me! Where were some benches? Some chairs? Long pews? WHY hasn't this been brought to anyone's attention? This is NOT acceptable!!! There was a LONG wall where a LONG comfy bench could be placed for those of us who tire easily from standing or have hip/knee/foot issues or are just plain pooped. Even though I am 71, going on 17, ha ha, I desperately wanted to SIT DOWN SOMEWHERE!!! I finally leaned on a trash receptacle for a few seconds and then a man came over to empty it... what timing, or, maybe he got some sick pleasure out of seeing me move because he had clout and authority and, heaven forbid, if I should scream "LEAVE ME ALONE, I'M TIRED!" and then draw attention and get arrested. Grrrr. Thank goodness I WAS too tired to scream some lovelies. PLEASE, the next time I visit, which I'd like to be VERY SOON, PLEASE give me a place to rest my weary bod as I wait for my choo-choo! THANKS! PS. It really looked like a mass migration to leave a dying land. Can this REALLY exist in America AND in New York's biggest finest city? Gulp! Has the Big Apple gone Rotten??? Bring back The Golden Delicious and Gala!!!

— **Nancy Oneness,** *Metro US reader*

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A BIRTHDAY GIFT

I would like to share this story which I encountered on my birthday. Here it is: It was my birthday, and that day I celebrated by myself. I went to attend Mass, and on my way out, I saw a homeless man sitting on a stool with his pet dog. There was a box in front of them where people can drop money on it. It was freezing cold that day,about 30 degrees. I felt the man must be cold and his dog was covered with a piece of cloth around its body. I was touched by the scene I saw. I stopped for a while and suddenly the man told me that his dog's name was Lucy. I said it's a pretty name, then I handed him a bag with a large cup of hot coffee and a banana on it. I told the man that it is my birthday so I wanted to give it to him as a gift. He smiled at me and said, "Happy birthday. Thank you for the gift." It was the first time in my life a homeless man greeted me on my birthday. I smiled and left with a happy heart. Random Act of Kindness was the greatest gift I ever had!

— **Mari Fernandez,** *Metro US Reader*

Please remember to send your Humbles to **humble@metro.us**. These submissions can be acts of gratitude, positivity or kindness that you have seen throughout the day.

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INVITE THE WORLD TO YOUR EVENTS

List your event on metro.us/events

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Aries Channel your energy wisely and avoid getting into an argument. Volunteer to help someone who has aided you in the past. Be smart with your money and invest in your future.

Taurus Look for an outlet that will take your mind off annoying situations. Don't share personal secrets. Concentrate on physical improvements that will build your confidence.

Gemini Look at the possibilities and learn all you can to ensure that you have everything you need to make positive changes in your life. Aim high.

Cancer Don't let an outsider meddle in your personal affairs. If you must socialize with colleagues or peers, be a good listener. Build relationships and gain allies.

Leo Don't leave your responsibilities for someone else. You'll be disappointed in the results, and it will make you look bad in the eyes of superiors.

Virgo Stick to what and who you know. Don't let anyone limit your dreams or interfere in your plans to get ahead. Use your charm, experience and knowledge to wow someone.

Libra Get along with everyone, regardless of what others do or say. It's in your best interest to stay calm and avoid controversy. If you make special plans with a loved one, your day will improve.

Scorpio You can take a unique approach to life, as long as you aren't extravagant or unreasonable. Discussions will get heated if you share too much information.

Sagittarius Take care of domestic matters. Make changes at home that will add to your convenience and comfort. Physical fitness will help alleviate anxiety. Romance is encouraged.

Capricorn You'll feel the need to make adjustments. Start within and work your way out. Purge what is no longer important to you. Free your life of unnecessary clutter.

Aquarius Personal improvements will pay off, but don't be too quick to overspend on a product that promises the impossible. Put your money into fitness, a proper diet or a trendy new look.

Pisces If you connect with someone who has helped you or collaborated with you in the past, good things will transpire. Walk away from indulgent people trying to tempt you to excess. EUGENIA LAST

LIFESTYLE

5 Fun things to do in Philly this week

Sarah Bockel embodies Carole King during "Beautiful." GETTY IMAGES

Two Martini Lunch at RB. PUNCH MEDIA

Enjoy an exclusive tasting happy hour, watch the magic of Carole King come alive, and more.

MOLLY GIVEN
Molly.Given@metro.us

Looking for some fun and unique things to do in Philly this week? We've got you covered.

Distiller Happy Hour at Bank & Bourbon
Bank & Bourbon is hosting its first Distiller Happy Hour with Erik Wolfe, master distiller from Stolle & Wolfe, and John Cooper, co-owner of Dad's Hat. Guests can indulge in a private tasting featuring select pours like Stolle & Wolfe Rye, Stolle & Wolfe Barrel Proof Rye, Dad's Hat Vermouth Finished Rye and Dad's Hat Bottled-in-Bond Rye — all for $10 each.
Jan. 9, 5:30-7:30 p.m., Bank & Bourbon, 1200 Market St., bankandbourbon.com

11th Hour Theatre Co.'s Spotlight Series
The 11th Hour Theatre Co.'s Spotlight Series continues with local Philly favorites Elena Camp and Rajeer Alford. The special one-night-only Spotlight Series events give audiences a chance to get to know the talented performers on stage. Tickets to the show also get guests one free beverage and pastries from The Happy Mixer Gluten Free Bakery (who is also sponsoring the show.) Tickets are available on the 11th Hour's website.
Jan. 7, 7 p.m., Drake Theatre, 302 S. Hicks St., $19-$24, 11thhourtheatre-company.org

ISTOCK

Two Martini Lunch at Royal Boucherie
What's better than one martini? Two martinis, and Royal Boucherie makes some of the best. The most enticing part of this lunch deal is the price of the deliciously crafted martinis: only two dollars. Diners can choose between a Classic Martini (Tanqueray Gin or Tito's Vodka), a French Martini (Tito's, Lillet and orange bitters), a Gibson (Plymouth Gin or Tito's, vermouth and house-brined onions) or a Cosmopolitan (Boardroom Cranberry Vodka, triple sec and lime.)
Mon-Fri, 11 a.m.-3 p.m., Royal Boucherie, 52 S. 2nd St., royalboucherie.com

Spanish Wine Dinner
Transport to Spain without getting on a plane with this multi-course dinner featuring plenty of delicious Spanish wines including Tempranillo, Rioja and Garnacha. The four-to-five-course dinner is themed around Mediterranean cuisine and pairs perfectly with the gourmet beverage selection. Tickets to the Spanish Wine Dinner include tax and gratuity.
Jan. 8, 6:30-8:30 p.m., Cerdo, 382 East Elm St., Conshohocken, $65, cerdorestaurant.com

'Beautiful: The Carole King Musical'
This moving show is based on the life and career of music icon Carole King. Listen to hits like "I Feel The Earth Move" and "(You Make Me Feel Like) A Natural Woman" during the tribute show while Sarah Bockel embodies the legend. With Grammy and Tony award-winning writers, directors and choreographers behind the magic of this show, this is surely going to be an evening you won't forget.
Jan. 8-20, times vary, Academy of Music, 240 S. Broad St., $20-$149, academyofmusic.org

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Finding her *own rose*

Chelsea Roy talks 'Bachelor' editing, Colton Underwood and how she found love.

MOLLY GIVEN
Molly.Given@metro.us

You may remember Chelsea Roy on season 22 of "The Bachelor" as the show's proclaimed villain, or maybe you watched the 30-year-old single mom on the popular spin-off "Bachelor in Paradise."

But what you haven't seen is the softer side of Roy, the one truly looking for love. Many fans and castmates dubbed the Maine native the "bad girl" of the season, but it seems that the judgement came a little too quickly for Roy. Instead of being on a quest to cause the most drama, Roy has taken what she learned on the show and shifted the way she looks at love, and her new outlook has proved successful.

With the new "Bachelor" season premiering Monday, Roy talked to Metro about what she thinks of new Bachelor Colton Underwood, her life after the show and how editing can change how perception.

What are your thoughts on the new Bachelor this season, Colton Underwood?
I personally met him in "Paradise," we had a little bit of the Tia and Colton drama and wondered whether or not they were going to continue their relationship. Both of them seemed extremely able and ready but things did not work out and I saw him get very emotional about it. He became very aware that he is sensitive and he really is looking for love, so my feelings are good for him! Because I have seen it first hand that love connections do happen and they are secure. So I'm excited to watch Colton and I think he is an amazing candidate for "The Bachelor".

What advice would you give the women on this or any future season of the show?
Remain yourself and be aware of who you are and also be prepared for editing. You have to have thick skin, but also don't lose sight of who you are because the process is very fleeting. This is my number one piece of advice, you always have to think of life after the show. If you are really making a strong bond in a not normal situation say in Paris or Bali, you need to be honest and be true to that situation and really think of life outside of the show. Because you go back to your normal work and normal living quarters and it's not so glamorous. So you have to be honest about it.

Roy was on season 22.
ABC/ PAUL HEBERT

You've recently found love, how is your new relationship? Are you happy you found your new beau outside of the show?
I am! It happened it a very organic way and in a way that's so cliche. People always say you know it when you know it, and that was true for me. I had just gotten done "Bachelor in Paradise" and I was actually seeing someone from the show and it wasn't working out. I wasn't ready to commit to anything at that time. I needed to debrief from that experience and reset what my intentions are and how I would like to go about continuing to date. I only have about 50% of my life available because of the time I spend with Sammy, my son, it's a small window of opportunity. I started working in the city of Boston and I became partners with a new influencer app called hoo.be and the person that I am with actually worked for this application, and by default, we started working together. I think I was naive in the beginning or had my wall up and it just organically happened over time. I think I was finally ready to admit to it this past month and I'm really really happy, he's an unexpected love I guess so it's been amazing.

ABC/ CRAIG SIODIN

You've already been on 'Bachelor in Paradise', are there any more spin-offs in your future?
No, I think I'm done I gave it a solid year. I'm 30 and I also have a child, I can't see myself taking any more time away. Also the Bachelor franchise I don't necessarily believe carries out what I once thought it did. For me, it was all about love and I never watched the show prior to going on. I soon found out after my season with Ari and "Bachelor in Paradise" that editing can really destroy someone's reputation for a small period of time. So for me, I think I'm ready to move forward.

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Colton Underwood. ABC

Meet the *new* 'Bachelor'

Everything you need to know about season 23 of the hit reality series.

ANDREW HUSBAND
letters@metro.us

Five whole months after the three-hour conclusion to "The Bachelorette" season 14, "The Bachelor" season 23 is set to premiere Monday night on ABC.

Colton Underwood, a contestant on the previous "Bachelorette" season, was named as the successor to "Bachelor" season 22 star Arie Luyendyk Jr. back in September. Now that the latest iteration of the reality-television franchise is set to begin, here's everything you should know about the new season, its star and the cast of lovely ladies competing for his affection.

Who is the star of season 23?

Before becoming a reality-television sensation, Underwood played college football at Illinois State and professional football for the San Diego Chargers. He was an undrafted free agent in the NFL but ultimately decided to retire. Soon after, he piqued ABC and its viewers' interests with back-to-back appearances on "The Bachelorette" and season 5 of "Bachelor in Paradise," the franchise's late-summer entry.

"I'm so grateful. I can't tell you how much I've been smiling," Underwood told People of becoming the new "Bachelor" back in September.

"Third time's the charm, hopefully," he told "Good Morning America." "It took appearing on the two shows to finally reveal what I want in a life partner."

Who's in the cast?

Of course, Underwood isn't the only star of the latest season. There's also the 30 new women whom the show's producers and casting agents have spent the past few months selecting for the show. They include Hannah Brown, who won the Miss Alabama title in 2018; Alex Blumberg, a dog rescuer from Vancouver; Miss North Carolina 2018 winner Caelynn Miller-Keyes; and dozens of other single women vying for Underwood's attention.

The rest of the cast features many ladies from Texas and California, like Brianna "Bri" Barnes, Demi Burnett, Erika McNutt, Heather Martin, Adrianne "Jane" Aver, Kirpa Sudick, Laura Pellerito, Onyeka Ehie, Revian Chang and Tracy. They also feature contestants from Florida, New York, Colorado and other American states and Canadian territories.

As big and diverse as the season 23 cast is, however, no accounting can be completed without mentioning the recent video of Bri Barnes. The Los Angeles-based model will apparently be faking an Australian accent in order to stand out. "I'm not really Australian," she says in the clip, "but you have to do what you can to stand out." So yeah, this is going to be fun.

"The Bachelor" returns tonight at 8 p.m. on ABC.

"The Bachelor" is back. CRAIG SJODIN/ABC

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What to *watch* this week

Your guide to all the must-see TV.

ANDREW HUSBAND
drew.husband@metro.us

Now that the holidays are over, the winter TV season is in full swing, with a crop of new and returning shows on broadcast, cable and streaming. Here's what to watch on TV this week.

"Project Blue Book," Jan. 8 at 10 p.m. on History
A modern take on "The X-Files," including the recent revival, most likely wouldn't work for a variety of reasons, but chiefly because of the availability of smartphones. With "Project Blue Book," History bypasses problems of technology by transporting audiences back to the 1950s, where curiosity about flying saucers and little green men from outer space all began. Starring "Game of Thrones" alum Aidan Gillen as college professor recruited by the Air Force to head its clandestine investigations, "Project Blue Book" should be a new sci-fi favorite.

"The Goldbergs," Jan. 9 at 8 p.m. on ABC
Adam F. Goldberg's hugely popular family comedy returns from a midseason hiatus with "The Wedding Singer," a crossover episode set in the same universe as executive producer Adam Sandler's iconic movie of the same name. The creator and showrunner confirmed the show and the film existed in the same universe, and even shared a brief preview of the episode's airplane and wedding scenes to prove it.

"I'm Sorry," Jan. 9 and 10 p.m. on truTV
Created by "Veep" and "Step Brothers" star Andrea Savage, "I'm Sorry" is billed as a "Curb Your Enthusiasm"-like comedy thanks to its largely unscripted format. Like Larry David, Savage stars as the main character, Andrea, a writer, wife and mother whose immaturity and numerous neuroses make up the bulk of the program's content. The second season of the truTV show is set to premiere this Wednesday.

"You're the Worst," Jan. 9 and 10 p.m. on FXX
It's the beginning of the end for creator Stephen Falk's critically acclaimed comedy "You're the Worst." Season five will also be its last, and it will feature Gretchen (Aya Cash) and Jimmy's (Chris Geere) last-ditch effort to seal the deal on their tumultuously beautiful relationship. If you want to find out if the pair is actually going to go along with their marriage plans, however, you'll have to tune in and see.

"Brooklyn Nine-Nine," Jan. 10 at 9 p.m. on NBC
Fans of Dan Goor's comic take on the police procedural, "Brooklyn Nine-Nine," have been rejoicing ever since NBC saved it from cancelation at Fox. Regular Chelsea Peretti will no longer be as involved in the show, unfortunately, but that doesn't mean Andy Samberg and the rest of the gang are leaving, too. In fact, the rest of the crew will return this week when season 6 premieres on Thursday.

"Sex Education," Jan. 11 on Netflix
What's more awkward

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"Brooklyn Nine-Nine" returns this week. NBCUNIVERSAL

Josh Hutcherson is back for "Future Man" season 2. HULU

than being a teenager? Being a teenager whose mother, played by Gillian Anderson, is a professional sex therapist with absolutely no filter when it comes to societal norms and topics of conversation. This is the situation Otis Milburn (Asa Butterfield), whose father is also a sex therapist, finds himself in Netflix's new coming-of-age series "Sex Education." The hilarious new show begins streaming Friday.

"Future Man," Jan. 11 on Hulu

The second season of Hulu's time-bending action comedy series "Future Man" is also set to begin streaming Friday. Starring Josh Hutcherson, Eliza Coupe, Derek Wilson, Haley Joel Osment, Seth Rogen and others, the latest season sees season one's attempts to right the broken timeline come apart. Our heroes have utterly screwed things up for the future of humanity and now they have to try and save it ... again.

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PUBLIC STORAGE # 24232, 2700 Grant Ave, Philadelphia, PA 19114, (215) 490-9431 • Time: 11:00 AM

B0038 - Arnold, Ashley; B0062 - Donovan, James; B0067 - Milton, Janeen; C0147 - Wjda, Albert; C0177 - Atkins, Thomas; D0192 - Morris, Dennis; D0231 - Coates, Barbara; E0264 - Yates, Robert; E0287 - Komins, Randy; E0294 - Plumer, Michelle; E0295 - Richards, Latisha; E0323 - JONES, ALISON; F0336 - Furey, Denise; F0380 - Loesch, Daniel; H0450 - Dalgleish, Ian; H0492 - Nicholas, Fallon; H0495 - Gilchist, Mark; H0503 - Romero, Chelsea; H0510 - Śliwka, Thomas; J0625 - Jones Jr, John; J0644 - Lewis, Keisha; J0701 - Williams, Lionell; J0739 - Thorpe, Maurita; J0765 - Edelstein, Matthew; J0794 - Asheuer, Rebecca; J0855 - Kelley, Kecia; L1003 - Diggs, Kuwyn; N1169 - Mond, Broadneck; N1187 - Rissling, Mike; N1189 - Weisser, Diana

PUBLIC STORAGE # 21605, 3751 Bristol Pike, Bensalem, PA 19020, (215) 309-8353 • Time: 12:00 PM

B017 - Clements, Thomas; B054 - Destined For A Dream Waller-Hill, Erica; B151 - Richter, Colleen; B239 - Nesmith, Tina; B260 - Truelove, Zonda; B294 - Sparrow, Felicia; B301 - Wood, Michele; B303 - Borden, Michael; B346 - Howard, Carolyn; B348 - Pasawicz, Christian; B353 - Prilo III, Curtis; C083 - Lowe, Malik; C084 - Haus, Brauna; C113 - Kellenberger, Heather; C159 - Zarzycki, Michael; C218 - Hamell-Mertz, Austin; C237- Petrikis, Nicole

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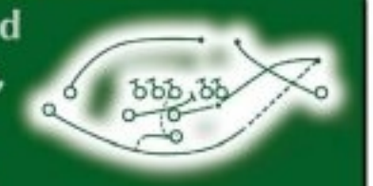

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Growing a career in the *legal marijuana industry*

With legalization spreading throughout the Northeast, the time is now to think about getting into the weed business.

PAT KING
patrick.king@metro.us

ALL PHOTOS GETTY IMAGES

Finding a successful career can sometimes be as simple as being in the right place at the right time. By understanding job trends and what types of positions the workforce at large is desperate to fill, you can align your studies to build a résumé that can help you to jump into those trendy "zeitgeist" jobs that will offer stability in your professional life. How many people do you know who either got in early on the ground floor with some of the more tech-centric professional paths or who have pivoted their studies in that direction to make a complete 180-degree career change?

Right now, one of the most red-hot industries coming to the Northeast is the legal marijuana industry. As many states on the West Coast, like California and Colorado, have been enjoying the spoils of legal marijuana for a few years now, states like Massachusetts on the East Coast are following suit with legal recreational use of the substance. With the recent news that New York Gov. Andrew Cuomo is looking to pass legislation legalizing marijuana in New York state, it seems like the dominos are beginning to fall where they really count in the progression towards nationwide legalization. To give you a sense of how profitable it is projected to be, Business Insider recently predicted that legal marijuana will be a $21 billion industry by 2021. Keep in mind, that was well before Cuomo had his leafy-green epiphany.

You can practically feel the engines revving on this new career path as wider legalization is just around the corner. So what are some of the ways you can build your résumé to jump into this new boom career?

Make sure you have relevant experience

As dispensaries begin to pop up in newly legalized states, these new businesses will be looking to build their staff — much like their crops — from the ground up. That means the positions they are looking to fill run the gamut from experienced customer service employees and web developers to botanists with experience working with cannabis and individuals who hold degrees in chemistry and are able to work with cannabis extraction. Think of it this way: If you have an interest in working with and around weed, you will have to prove to your prospective employers that you have the goods to prove your worth and that you are dependable.

Make sure you have a squeaky-clean rap sheet

Many dispensaries, such as Vangst in Boston, require applicants to be able to pass an FBI background check, and even include it on their ZipRecruiter applications in order to see if you have any hidden felonies in your past. Because the legalization of marijuana is such a new thing in states like Massachusetts, employers need to make sure that they only hire people who are interested in the product and, just as importantly, have never been on the wrong side of the law as a result of their interests prior to its legalization. So, before applying, make sure that everything in your past has been accounted for and that no surprises will pop up during the application process.

Remember, this is a growing career

While you may be excited by the possibilities of living and working in a state with legal marijuana, remember that this is a business first. When you take out the meaning behind it, you are still handling a product that is being sold for a transaction. The business will only thrive if you help it to. So keep perspective!

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3 Takeaways from Eagles' 16-15 win over Bears

Thanks to a missed field goal by Cody Parkey, the Eagles will move on to play the Saints next week.

JOVAN ALFORD
jovan.alford@metro.us

Alshon Jeffery (No. 17) of the Philadelphia Eagles celebrates their 16-15 win over the Chicago Bears in the NFC Wild Card playoff game at Soldier Field on Jan. 6, 2019, in Chicago, Illinois. GETTY IMAGES

In a game where points were at a premium for the most part, Nick Foles led the offense down the field for what would seem like a game-winning touchdown with less than a minute to go in the fourth quarter. The Eagles escaped Soldier Field with a 16-15 victory over the Chicago Bears thanks to a missed field goal by Cody Parkey.

It was a hard-fought game by both teams as Philly stepped up to the plate against the NFC North champs. The defending Super Bowl champs never swayed away from their game plan on both sides of the ball, giving themselves a chance at the end.

With the victory, the Eagles will now head down to the Big Easy for a rematch against the No. 1 seed New Orleans Saints in the divisional round of the playoffs.

However, before we look toward next week, here are three takeaways from Sunday's exciting postseason win:

1. FOLES DOES IT AGAIN

After last season's magical postseason run, many fans and analysts alike were wondering if Foles still had any magic in his arm this time around.

Luckily enough, the reigning Super Bowl MVP did as he shook off two first-half interceptions and hit veteran wide receiver Golden Tate a game-winning touchdown on fourth and goal. It was another pressure-packed moment for Foles, who did not look phased at all.

After a rough first half, the veteran quarterback did a great job, especially on the last drive, spreading the ball around and placing the ball where only his wide receivers could get it.

Foles finished the game with 266 passing yards, two touchdowns and two interceptions.

2. DEFENSE BENDS BUT DOES NOT BREAK

Heading into Sunday's game, there was a lot of discussion about how great the Chicago Bears' defense is, and rightfully so. However, the Eagles' defense proved down the stretch this season that they can make plays, too, despite missing numerous key players.

Philly's defense did a great job of not allowing the Bears' running game to go off (Jordan Howard and Tarik Cohen), holding them to only 35 yards on the ground.

Along those same lines, they also made sure quarterback Mitchell Trubisky made a non-factor in the running game, making him predominantly a pocket passer.

The second-year quarterback rose to the occasion and made some great throws down the stretch, but it was not enough at the end.

3. INEXCUSABLE MISTAKES

Even though the Eagles won on Sunday, they sure made their lives hard for themselves in the first half. For starters, linebacker LaRoy Reynolds had a costly special teams penalty, allowing the Bears to pin the Eagles inside their own five-yard line.

After that, Foles threw the first of his two interceptions in the second quarter as he tried to squeeze a pass into Wendell Smallwood. His second interception came by throwing into quadruple coverage inside the red zone.

Later in the quarter, veteran defensive end Michael Bennett picked an unnecessary roughness penalty, which led to a Cody Parkey field goal.

Then in the fourth quarter, rookie cornerback Avonte Maddox got picked on by Trubisky, leading to a DPI and receiving touchdown for Allen Robinson.

Despite the Eagles not getting a single takeaway, they somehow still came away with a victory.

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GETTY IMAGES

Simmons is making major strides on offense in season 2

The 22-year-old point guard is becoming comfortable taking jump shots over the last five games.

JOVAN ALFORD
jovan.alford@metro.us

Over the last five games or so, there has been a major development within the Philadelphia 76ers organization and it has nothing to do with Jimmy Butler "calling out" head coach Brett Brown. It actually involves second-year point guard Ben Simmons, who is willingly taking and making jump shots.

Heading into this season, the consensus from many NBA analysts was that if Simmons was going to take the next step in his career, he needed to have some semblance of a formidable jump shot.

Last season, as a rookie, the 6-foot-10 point guard was able to use his size and skills to get to the rim at will. When you take a look at his shooting splits from last year, they back up this notion, as he shot a ridiculous 73.3 percent at the rim.

But when Simmons could not get to the rim, his shooting percentages drastically dropped to 40.4 percent (three to 10 feet out) and 30.9 percent (10 to 16 feet out).

In Eastern Conference semifinals against the Boston Celtics, we saw how much of an issue this was as Simmons was not allowed access to the lane and he did not know what to do. Either he was going to take a jump shot or pass it out to another player.

Fast-forward to this season, and the murmurs continued to get louder about Simmons not taking a jump shot, especially with the addition of Jimmy Butler. This eventually led to some writers questioning Simmons' long-term fit with the Sixers, specifically playing next two players in Joel Embiid and Butler, who can shoot the ball a little bit.

However, those questions and doubts have begun to quiet down with the recent emergence of a jump shot from the 22-year-old Simmons.

In Saturday night's game against the Dallas Mavericks, Simmons made it a point to start the game shooting the ball, making a fadeaway jump shot over Harrison Barnes in the post.

Overall, Simmons took four jump shots en route to his sixth triple-double of this season and 18th of his young basketball career (20 points, 14 rebounds, 11 assists). As of right now, his shooting splits between three and 10 feet is 44.8 percent, while at the rim it is 71.3 percent.

For the Sixers to be successful in the playoffs, they will need Simmons to take those shots and become comfortable doing it. Embiid is noticing the uptick in jumpers from Simmons and wants him to continue to do it.

"He hasn't been making it, but he's been taking it. That's what matters," Embiid said. "I shoot 30 percent from three, but guys still jump when I shoot fake — I don't know why, especially because I say that I hate shooting threes. But just because you take them, people are compelled to guard that. He's got to keep on taking them. Eventually, it's going to go in."

The third-year center is right in his logic of saying that if Simmons continues to shoot those jump shots, then teams are going to have to guard that. He might not make them all the time, but the threat will open up the Sixers' offense even more.

Along these same lines, Simmons is starting to see how this new addition is making life easier for him on the court.

"I think just being more aggressive when I take more shots. They have to play me a different way and I think teams are starting to do that, so it's easier for me to read the defense and just give teams different looks when they're guarding me."

If Simmons' jump shot can become consistent by the time the playoffs roll around, then the rest of the NBA should be terrified. He already had the other tools in his arsenal to be a good player; now, adding a confident jump shot could make him a great two-way player.

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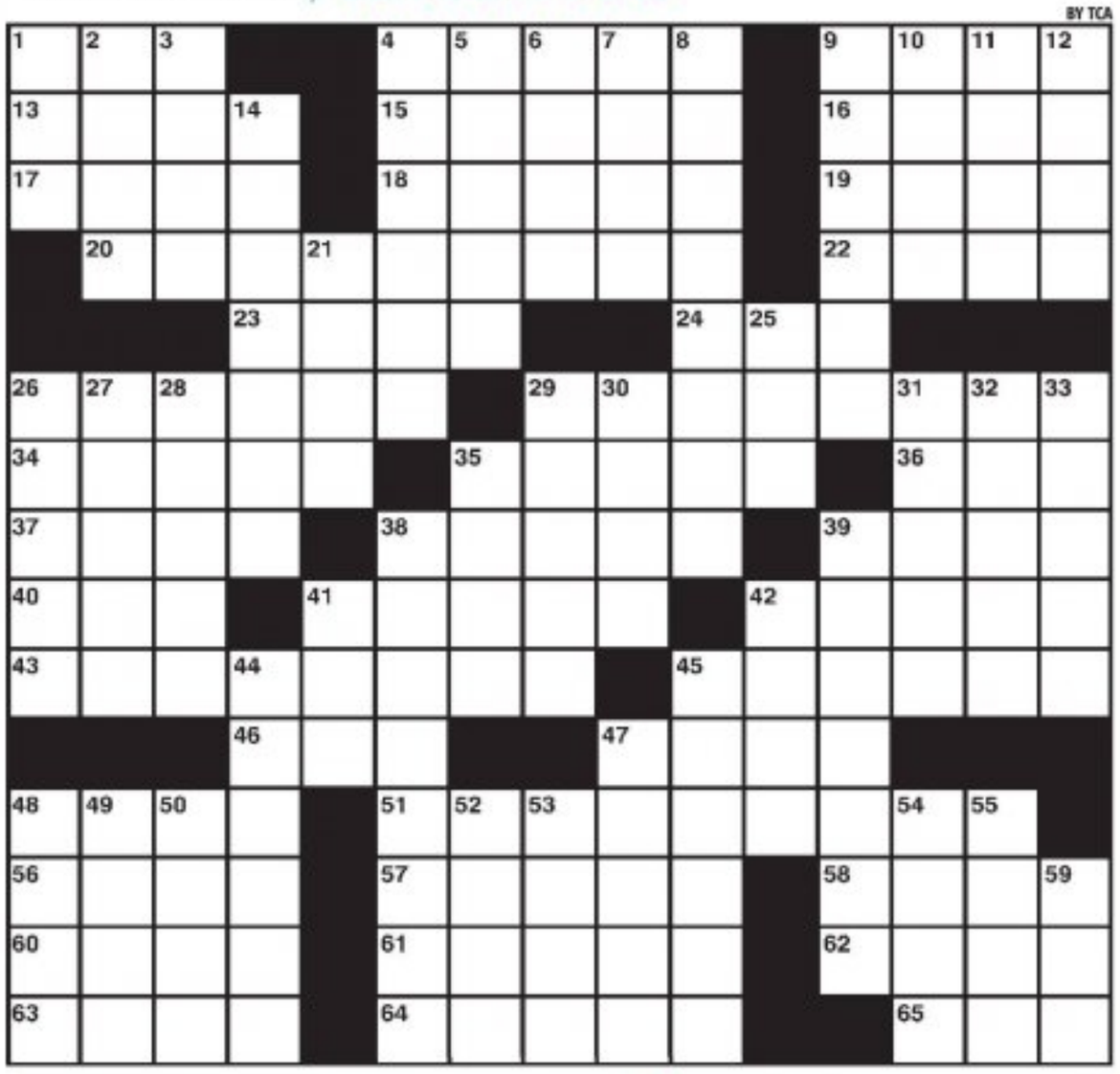

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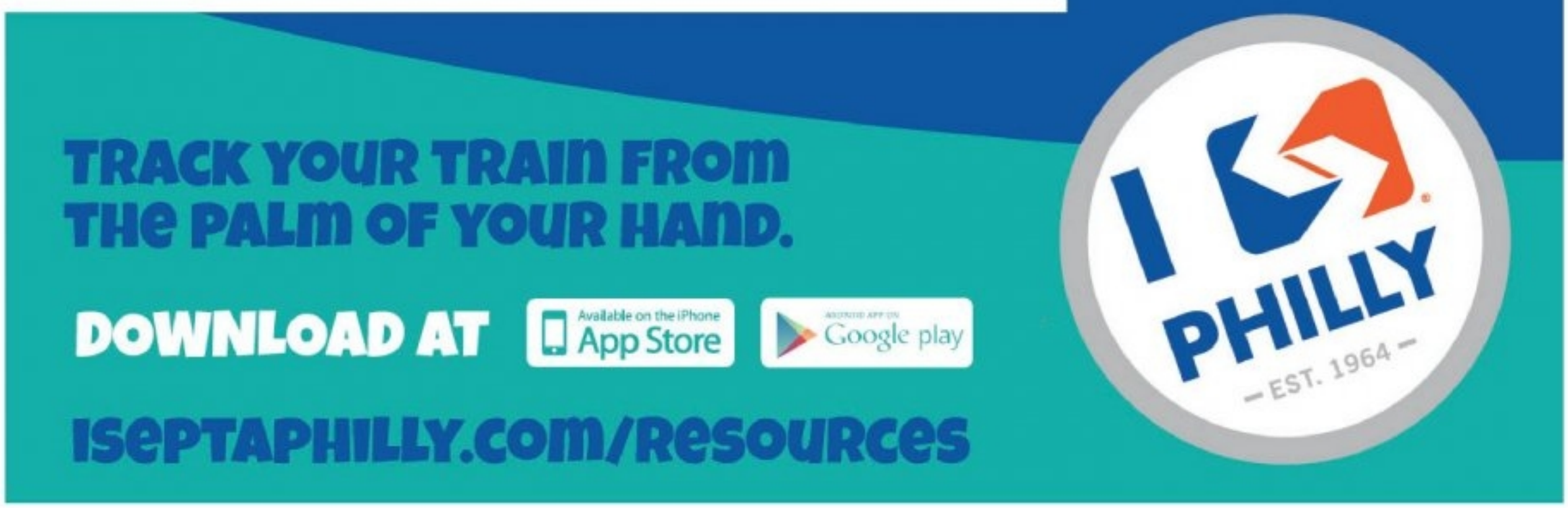

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